

Compassion in Action 

# Recovery Academy



# A Year From Now You Will be glad you started today

Our Aim

LIFE SKILLS

MONEY  
MANAGEMENT

HOPE

FRIENDSHIP

**HOW?**

HEALTH

WORK SKILLS

PEER SUPPORT

ABSTINENT RECOVERY



# ***About Patrick House...***

Patrick House is a community / recovery hub, which meets the needs of the whole community.

We are situated just outside Leigh town Centre on Leigh Road.

We provide accommodation, office space, a function room and a Community Café.



Our Centre provides an opportunity for residents from across the borough to access help in a comfortable, welcoming environment.

We offer:

- Advice for social problems,
- Provide facilities for activities
- Volunteering opportunities
- Training
- Accommodation

# ***Apartments***

We have ten fully furnished apartments on the first floor of Patrick House. Our apartments are finished to the highest standard. This is part of our ethos of rewarding individuals who engage with our recovery programme and Personal Development Plan.



We encourage residents to take a pride in their surroundings particularly their own personal space and to work together with other residents to make Patrick House a positive place that encourages recovery.



As well as the apartments our residents have access to dedicated spaces for recreational activities, a laundrette and quiet rooms for groups or one to one sessions which require privacy.

## Tenancy

The tenant agrees to engage in Compassion In Actions 12 month recovery programme until such time that by mutual agreement it is decided that the tenant no longer requires such engagement.

After 8 months, a formal review will take place to assess the progress of the tenant and make arrangements for moving forward. Compassion In Action will then assist and support the tenant in finding alternative accommodation.

The accommodation is conditional on the tenant participating in the charities scheme to rehabilitate the individual through their programme. It is not provided as a remuneration for any work that the tenant may undertake as part of their rehabilitation.

Any issues or problems must be reported immediately to the landlord (Stheart Homes) On signing this agreement, the tenant agrees to adhere to all its conditions and is aware that any breach of contract will be addressed formally and could result in the eviction process.



## Budgeting and Money Management

The budgeting and money management element of the project is designed to give the tenant a realistic appreciation of their personal finances. By doing this we seek to avoid the scenario of individual's binge spending on the first couple of days of receiving their benefits and then resorting to borrowing and getting into debt and arrears. We key work tenants with star charts and budgeting plan that helps tenants to budget for utility bills, television licence, laundry bills, council tax and food and any previous debts that are being deducted from their benefits. We formulate personal budget projections based on outgoings and incomings and encourage individuals to save through credit union.





## Health, Awareness and Personal Wellbeing

Whilst we respect personal choice and lifestyle we also stress the need for individuals living in community to take pride in that community. Our weekly health and wellbeing sessions focus on personal identity and how we present ourselves to others. They are part of a bigger sixteen week course and personal development plan. For individuals with former chaotic lifestyles, particularly rough sleepers, step by step guidance is often needed. There are sessions on how to, Control the heating, use the cooker and operate the laundry facility properly to ensure that clothes are washed regularly. This is part of managing personal space and taking an interest in the appearance of the building as a whole.



## My Space Meetings

My space meetings focus on the way individuals manage their tenancies. There is an emphasis on tidiness, cleanliness and health and safety issues around cooking and the storage of foodstuffs. These meetings are linked with the fortnightly Flat inspections. We try to maintain a good standard of cleanliness throughout the building and encourage tenants to take ownership of the communal spaces.



## Tenants Forum: Neighbours

The tenant forum gives tenants the opportunity to discuss any issues relating to the day to day running of Patrick house, and relations between occupants and their neighbours, both in the house and the surrounding area. The Stheart homes team is present at this meeting and offers mediation in the event of a dispute. The meetings also give an insight into day to day behaviour and how the building is working as a community. Issues such as anti – social behaviour and relations with the surrounding locality are discussed and any issues arising from this are dealt with. The tenants forums are an effective way of creating good practice and encouraging tenants to become stakeholders in the project.



## Property Inspections

The property inspections are done in conjunction with the tenants. Each tenant is given notice prior to this and any issues arising are written down and discussed in a tenants meeting. The inspections are instructive and are a good way of measuring a tenants progress and ability to manage their own tenancy independently.



DAT  
HMP  
CIA  
NHS



Patrick house  
Addaction  
Sanctuary  
Risley Prison  
Liverpool Prison  
Forest Bank Prison



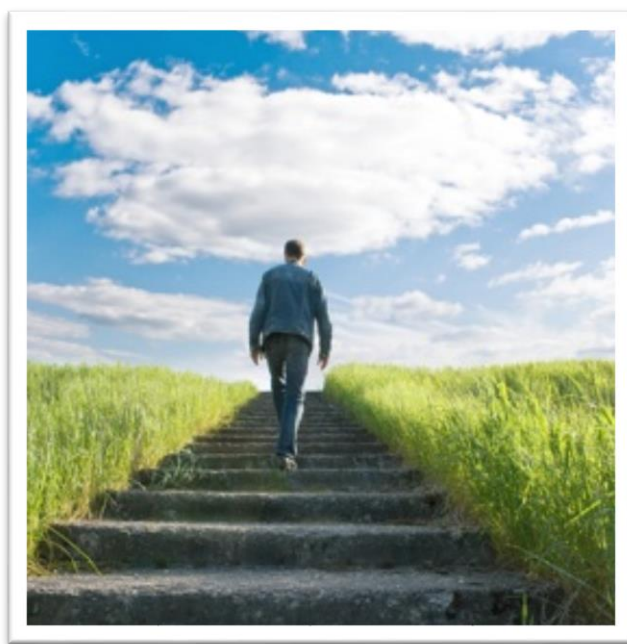
Accommodation  
Therapy  
Keywork  
Monitoring  
Clinical Support  
Training  
12 Step Programme  
Debt management  
Specialist counselling



Recovery







## Testimonial

Coming to Compassion In Action saved my life. It opened my eyes and is progressively giving me the tools I need to change my life for the better. Without Compassion in Action I would still be unable to manage my life in the right way on a daily basis. Compassion in Action have given me more than just a home and support; they've given me love, friendship and a fresh start.

*Matt - May 2015*

# Compassion in Action Pathway to Recovery

